

HANDLEBAR HEIGHT ADJUSTMENT ASSEMBLY

ABSTRACT OF THE DISCLOSURE

A height adjustment assembly for a handlebar stem secured to a steer tube of a bicycle is provided. The assembly includes a pair of spacers securable to the steer tube on
5 opposite sides of the handlebar stem that each include a pair of rings engageable with one another to form the spacers. Each ring includes a number of tabs having locking members thereon that are engageable with the locking members on the tabs of the opposed ring of each spacer. By rotating the rings of each spacer with regard to one another, the height of each
10 spacer and the gap between the spacers can be moved upwardly or downwardly along the steer tube to enable the stem to be positioned between the spacers on the steer tube at the desired height.